



From Imposter to Inspiration

Getting Past Imposter Syndrome and
Increasing Your Visibility

THE WORKBOOK

What is Imposter Syndrome?

Dictionary.com defines Imposter Syndrome as

"anxiety or self-doubt that results from persistently undervaluing one's competence and active role in achieving success, while falsely attributing one's accomplishments to luck or other external forces."

Those with Imposter Syndrome have an internal experience of intellectual phoniness, persistent feelings of being a fraud, and have difficulty accepting praise or recognition. They feel their success is a result of "luck", knowing the right people, or due to their "charm". Imposter Syndrome sufferers don't acknowledge their skills, knowledge, or expertise.

"I'm a phony!"

"I'm a fraud!"

"I got lucky!"

"I feel invisible."

"I have no business in this position."

"They're going to figure me out."

HAVE YOU EVER...

Sabotaged your own success?
Stopped yourself from participating during a meeting,

or not asked a question, out of fear?

Downplayed your expertise and talents – even when
you were more skilled than someone else?

Did you know?

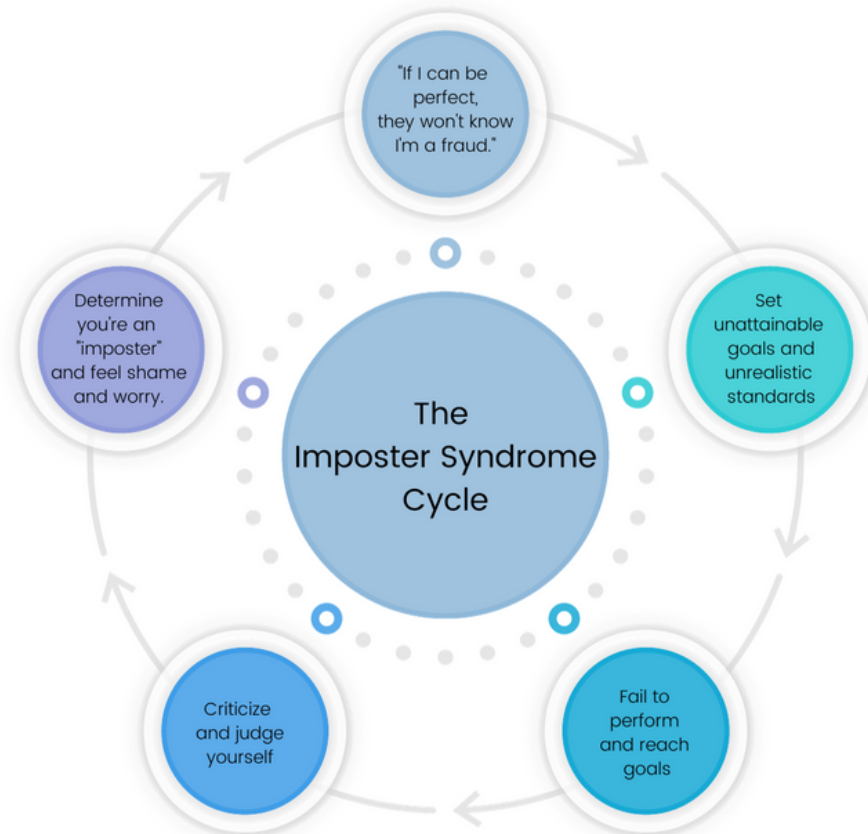
Up to 82% of people have reported they have felt some form of Imposter Syndrome.

Imposter Syndrome is most prevalent in women – especially women of color.

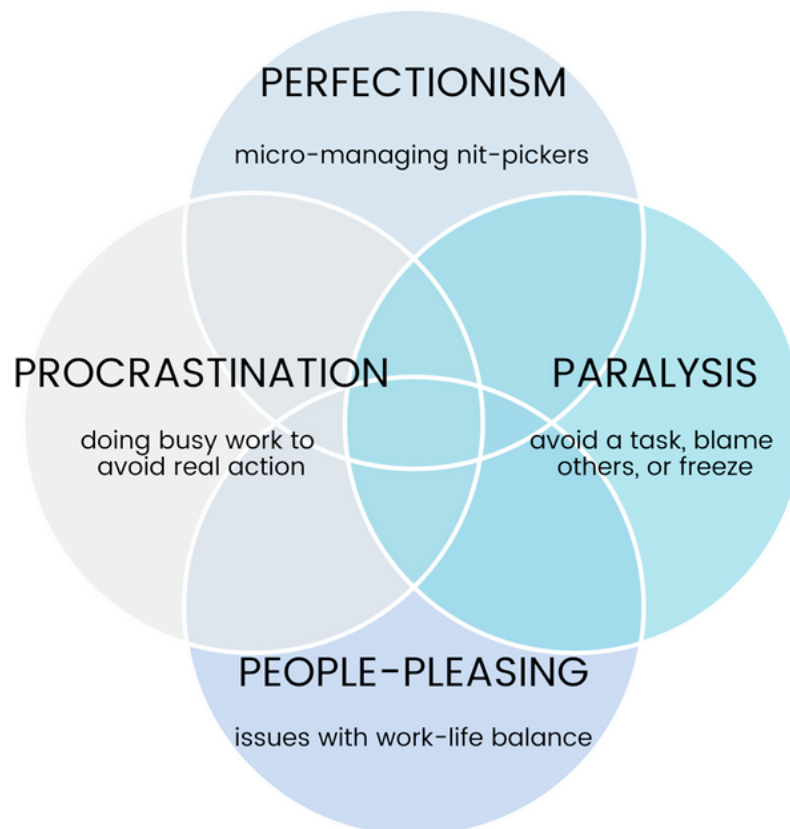
Successful men including Paul McCartney, Warren Buffet, and Mark Cuban have all admitted to experiencing Imposter Syndrome.

Open ~ Honest ~ Comfortable
Two break-out sessions.

The Imposter Syndrome Cycle



The 4 Ps of Imposter Syndrome

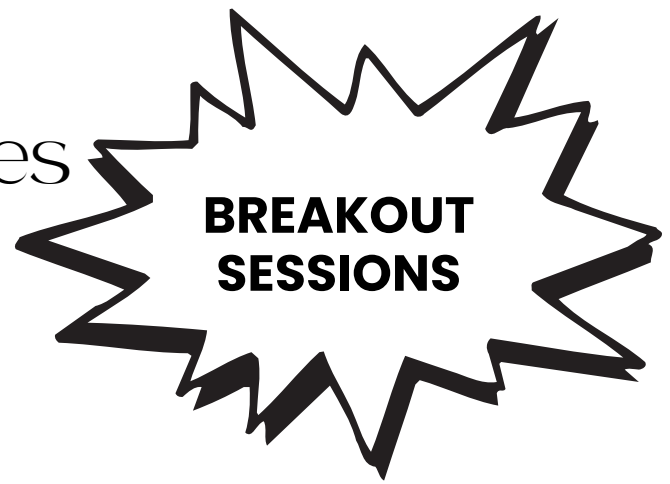


Three Early Experiences

I was the "smart one."

I was the "hard worker."

I was "unsupported."



Imposter Personalities

The Perfectionist

The Superhero

The Natural Genius

The Soloist

The Expert

Support Systems

Supporting others struggling with Imposter Syndrome:

Asking for support when you're struggling:



Visibility and Imposter Syndrome



W. T. F. Tips

W = Wake Up | T = Terminate | F = Find Courage & Opportunities

WAKE UP! What is / was your "ah-ha moment (s)"?

Terminate – just STOP doing these things:

- Comparing yourself (social media, "humble bragging")
- Engaging with sabotaging, unsupportive people
- Negative self-talk
 - "I don't deserve my success" becomes "I worked hard for this"
 - "I don't know what I'm doing" becomes "I can learn anything"
 - "If I ask for help, I'll look stupid" becomes "Asking will help me learn the right way"

Find courage and opportunities. Where will you look first?

Three Realities

Write down three things that you can be proud of. Think of personal and professional successes. When you're struggling, these pillars will become your mantra to keep pushing, become visible, and find success!

1.

2.

3.



Action Items

Create your accomplishment / achievement list

Update your bio(s)

Increase information available on your LinkedIn

Ask friends, family, and colleagues for help

Encourage others (and help them) do all the above!



Villa Montarti Portrait & Legacy Design

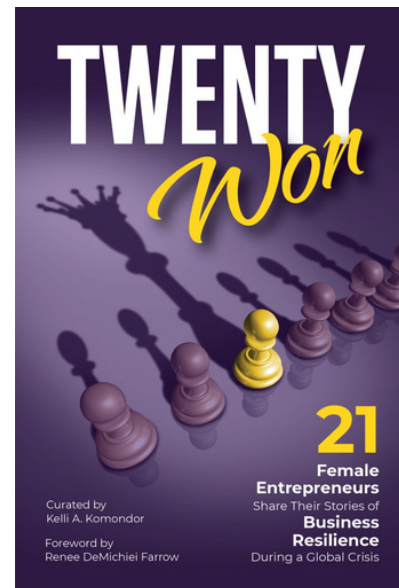
Keynote / Workshop 1:
From Imposter to Inspiration:
Getting Past Imposter
Syndrome and Gaining
Visibility

Keynote / Workshop 2:
Gaining Visibility with Your
Personal Brand: Increase Your
Impact, Influence, and Income
Define Your Brand · Determine
Your Audience · Discover PR
Opportunities

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Additional Notes



Make Your Message Matter

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